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The Iowa Homemaker vol.4, no.1 1

Authors

Alice Ericson, Julia B. Whiteside, Avis Duffey, Anne Westrom, Adele Herbst, Florence Forbes, and Agnes Crain

THE IOWA HOMEMAKER

IOWA STATE COLLEGE



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THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

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NUMBER 11

St. Patrick Inspires a Shamrock Luncheon

By ALICE ERICSON and JULIA B. WHITESIDE

THE March hostess who is looking for something different may well take advantage of the possibilities offered by St. Patrick's Day. A green and white color scheme, besides commemorating the venerable Irishman, is very dainty and suggestive of the spring season.

For a luncheon the table is "bare," that is a table cloth is not used, but its place is taken by doilies, runners, or a luncheon cloth with open work.

There are many possibilities for an attractive centerpiece. Green carnations, which some florists prepare by treating the white flowers with a special dye, may often be procured at this season, and make a very lovely and unusual centerpiece. Any white flowers, as sweet peas, carnations, or tea-roses, with foliage, may be arranged in a green pottery or green glass flower-holder. The centerpiece should be quite low.

If the luncheon is decidedly a feature party, a very novel decoration is a miniature Irishman's head of porous clay, with crevices filled with sprouting timothy seed, thus forming a head of luxuriant green hair. The seed is put in and kept wet several days before it is to be used. These heads may be bought at some art shops.

The place cards may be decorated with green shamrocks and written with green ink. The nutcups may be covered with green paper or they may be white, adorned with small shamrocks. These may be filled with small green and white candies and nuts. If favors are given, green carnations, if not used as a centerpiece, may be laid at each plate. If men are included among the guests, small white clay pipes with bows of green ribbon make clever favors for them. Candles are not used on a luncheon table.

The menu to be served will depend largely upon the amount of money the hostess wishes to spend for food, the amount of food she will have in preparing and serving the luncheon, and the food materials that are available. In the city there is almost always a greater choice of food, especially fresh, green things, than there is in the small town. Foods that will help in carrying out the color scheme of the table decoration should be selected. It should always be borne in mind, however, that natural foods are much better than foods which have been artificially colored. Even if we know the coloring is pure, most of us are rather skeptical about eating colored foods. Bright green cakes may fit in very nicely with a color scheme, but,

maybe it is the psychological effect they have on us, we know cakes aren't green, so we don't like to eat them. Whenever colorings are used, only enough to give a very delicate color should be used.

The menu may consist of from two to four or five courses, depending upon whether the luncheon is formal or informal, and just how elaborate the hostess wishes her luncheon to be. The first course of a luncheon may be a soup or a tart fruit cocktail, or the main course may be served without any preliminary course.

A menu that carries out the idea of St. Patrick's Day very well, and which is a very nice "party luncheon" menu consists of:

Fruit Cocktail		
Chicken Croquettes	Creamed Potatoes	
(with parsley)		
Buttered Peas in Timbales		
Hot Rolls	Butter	Olives
Shamrock Salad		
Brick Ice Cream	Shamrock Cakes	
Candies	Nuts	
Coffee		

The fruit cocktail may be of grapefruit or a combination of fruits as grapefruit, oranges, and pineapple, topped with a green candied cherry.

The salad is made by removing the seeds from green peppers and soaking the cases in cold water until they are brittle. They are then filled with cottage cheese which has been moistened with cream and mixed with walnut meats. After the peppers are stuffed they are cut into one-half inch slices and arranged on lettuce leaves. The slices of peppers have a shamrock shape, making this a very attractive salad. The mayonnaise may be passed with this salad.

The ice cream may be purchased in bricks with a layer of green pistachio ice cream. The cakes may be baked in a thin layer and shamrock shaped cakes cut out with a cutter. They may be covered with a boiled white frosting and decorated with angelica.

Another menu, equally suitable for this type of luncheon which carries out the color scheme of green and white, is:

Cream of Pea Soup	Wafers
Veal Loaf	Baked Potatoes on Half-Shell (parsley garnish)
Greens Beans	Sweet Pickles
Rolls	Butter
Asparagus Salad	
Pineapple Bavarian Cream	
Cakes (with tinted icing)	
Candies	Nuts
Coffee	

The service of this luncheon may be

simplified by having the salad served with the main course, or the soup course could be omitted. The cakes may be cut in fancy or shamrock shapes and iced with frosting that has been tinted a very delicate green with pure fruit coloring, or the cakes may be first covered with white and then decorated with green icing.

The following is suggestive of what may be served at a simpler and less expensive luncheon:

Pork Chops	
Mashed Potatoes	Gravy
Creamed Peas	
Rolls	Butter
Fruit Salad	Olives
Frozen Pudding Macaroons	Wafers
(topped with green cherry)	
Candies	Nuts
Coffee	

If desired this luncheon could be served in just two courses. The salad course may be combined with the main course or it may be omitted and a salad of head lettuce with plain mayonnaise or Thousand Island dressing substituted.

The ingenious housewife will find many ways of changing and adapting menus to meet her special needs. She may make the serving easier by doing away with one of the courses, or she may combine courses, as the salad with the main course. For instance, in the first menu given, the cocktail could be omitted and a butterfly salad, with green instead of red cherries, used for the salad course. By serving a simpler salad with the meat, and doing away with it as a separate course, time will be saved in preparation as well as in serving. These changes would also help in lessening the cost of the meals. By making substitutions for the more expensive foods the clever housewife is often able to effect a considerable saving. If the hostess is very busy and does not have any help, it is often better for her to serve a less elaborate luncheon and make up for what it lacks in courses by the excellency of the cooking and the attractive appearance of foods that are served.

The menus suggested, while very appropriate for St. Patrick's Day, could easily be used for any luncheon. For instance, if the table decorations are changed, say a bowl of jonquils is used as a centerpiece, and plain ice cream and sunshine cakes served as dessert the color scheme becomes yellow and green. In the same way touches of other dainty colors, as pink and lavender, may be introduced to give very pleasing effects.

Do You Test Your Textiles

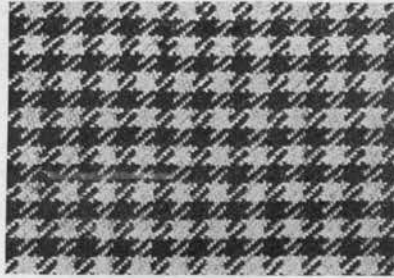
By AVIS DUFFEY

EVERY buyer, whether selecting material by the yard or in the finished garment, realizes that it is not an easy matter to distinguish fibers. The manufacturers are very successful in making one fiber resemble another but there are various simple tests which may be made without requiring much time or expense and yet give fairly accurate results.

Our grandmothers could go to the store and term a fabric "linen" if a drop of moisture placed on it was quickly absorbed in an even circle. Now, however, the manufacturer has learned to treat his cotton in such a manner that the sample must be washed to remove the dressing or this test is not reliable. The only dependable means of detecting cotton as an adulteration of linen is the microscope. Linen fiber, as seen under the microscope, can be distinguished from all other fibers by its joints or nodes. Cotton is twisted unless it is mercerized and then it is round in appearance. Wool is easily detected by its many scales while silk is seen as lustrous, smooth, round threads.

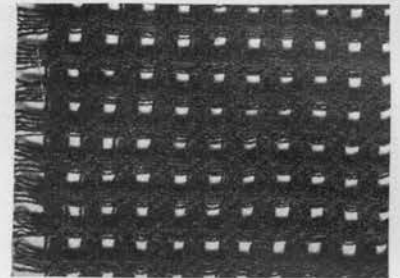
Grandmother could ask for all wool material and be reasonably sure to get it, but many of our medium and low priced materials on the market today are a combination of wool and cotton. The cheaper flannels are often found by testing to be cotton with a wool nap only or wool spun around a cotton core.

It is rather difficult to make an accurate test unless a sample can be experimented on outside of the shop. The breaking test is probably the best one to apply if a sample cannot be obtained. The fibers of the broken end of a raveled thread of linen will be straight and irregular and each fiber end pointed while the cotton ends will be fuzzy. The wool



I

I. The original is a mixture. The white yarn is wool and the black is cotton.



II

II. Shows the cotton foundation, the lye having destroyed all the wool yarns.

fibers will be slightly rough and wavy while the silk yarn breaks with the separate fibers fine and straight.

If a sample can be taken it may be tested either by burning or by means of chemicals. Linen and cotton, since they are vegetable fibers, burn in the same manner. The flame is yellow and the odor that of burning paper. They burn quickly and the ash left is gray and small in quantity. Artificial silk is also of vegetable origin and burns quite like cotton and linen but even more quickly. Wool burns slowly and leaves a gummy residue in the form of a ball. Silk burns quickly leaving its residue in a grayish ball of smaller proportion than that of the wool. Both give the odor of burning hair or feathers since both are of animal origin.

In addition to being an aid in detecting cotton as an adulterant of wool and silk materials, the burning test is useful as a test for weighting in silks. A pure silk burns quickly leaving the gummy ball described above, while a weighted

silk burns more slowly and the raveled yarns retain their original shape.

A simple chemical test which may be used at home consists of boiling the sample in a solution of lye and water. (One teaspoon of lye to one pint of water makes a sufficiently strong solution.) After about five minutes boiling, the wool and silk will dissolve and the cotton and linen remain unchanged. This test is valuable in detecting cotton adulteration in wool and silk fabrics.

Artificial silk or rayon, as it is popularly called, is coming to be widely used. Altho it is an important fiber it is not as strong as the product of the silkworm nor as expensive. Artificial silk is more lustrous and glossy than real silk, and the fiber itself is coarser and less elastic than the natural silk fiber.

Perhaps these few suggestions may prove useful in judging fabric quality and content for, altho the price is usually taken as an indication of quality, experience proves that it is not always a reliable one.

Farm and Home Week Pays,

By ANNA WESTROM

Over 325 women registered at the booth in Agricultural hall during Farm and Home week, Feb. 2-7. This does not include women who live in Ames or drove from nearby towns to attend the lectures, without registering for a room. These busy women spent one week of their much demanded time on the Iowa State College campus learning the art of homemaking.

They spent their days at lectures, which grouped themselves around the general subject, "The Cornerstones of the American Home," which include the health of the family, family development, and sound financial standards.

Dr. Caroline Hedger of the Elizabeth Memorial Fund of Chicago was an outstanding speaker, lecturing on "Child Life at its Best," and "The Homemaker and the Community Health Problem." Dr. J. F. Edwards, head of the department of hygiene gave daily lectures on health.

Family development was brought out in a number of lectures. Those by Dr. Smiley Blanton, director of the child guidance clinic, Lymanhurst hospital,

Minneapolis, on "Emotional Life of the Child," and "The Mental Hygiene of the Home" were especially helpful. Mrs. May Pardee Youtz, Iowa City Extension service, and E. L. Morgan, University of Missouri were other outstanding speakers. Miss Fannie Buchanan, educational department, Victor Talking Machine company, talked on the use of music as a recreational feature in the home and in the community. She says, "Music washes away from the soul the dust of every day life." Mrs. Mignon Quaw Lott, recreational director for the extension department of Montana State College of Agriculture, developed the recreational side of home life, and introduced "Problems with a Purpose" for the community.

Mrs. Clara I. Judson, budget specialist in the American Bond & Mortgage company, Chicago, discussed "The Business of Homemaking," "Training Children for Spending," and "America's Biggest Business." Miss Gertrude Lynn, extension home management specialist spoke on "Weighing Values in Spending the Homemaker's Time." Numerous lectures were

also given by various faculty members.

One of the new outstanding features of this year's Short Course was the beginning of study groups on Child Life and on Home management, where women could exchange their own ideas and experiences. Both groups were so well attended that it was necessary to find larger rooms than had been planned for the meetings. "How can you get a child to eat what he should eat if he doesn't want to," was a question raised by one of the mothers at these meetings. Other mothers gave their experiences, and Dr. Hedger summed up the discussion in these words: "Know what you want the child to do, and do that same thing yourself. It is a two man job, and each must do his share." In this informal way the women became better acquainted, and realized that their problems were being shared by others.

After 4 o'clock the women were entertained at teas at the Home Management houses, and by Meal Planning classes. They were also given a chance to use

(Continued on page 16)

Coffee in a Multitude of Ways

By ADELE HERBST

AN ancient manuscript of the fifteenth century states that the use of coffee for drinking was known and practiced from time immemorial.

There is a delightful legend ascribing the discovery of its beneficent properties to a flock of sheep wandering in the mountains who browsed on the bright leaves of the coffee plant and immediately became elated and sleepless at night. Observing their exhilarations the shepherds tried the leaves, too.

In the prolonged religious services of the Mohammedans which lasted several nights and days, coffee was used as a sort of devotional anti-soporific to keep the worshippers awake and keyed to the correct pitch.

It has come to America as a universal beverage which serves as a mild stimulant for the adult and forms a valuable adjunct. It should never be included in the dietary of a child or dyspeptic.

Making good coffee is an art. The American homemakers methods are varied and not always assuredly successful. The American coffee roasters felt there must be a uniform way to make better coffee. They consulted the scientists of the country upon this subject. An investigation was carried on under the directions of Professor Prescott at the Massachusetts Institute of Technology. Every known way of making coffee was tried out and the best method was ascertained. Safeguards were taken against prejudice and bias.

No doubt millions of women are making coffee by percolation and by boiling which has been satisfactory to them. The experimenters neither discourage nor condemn these methods but do suggest a better method, a way in which the most of the flavor and aroma of the coffee can be secured.

Their result decided upon for better coffee making is as follows:
Buying is as important as the making, therefore they suggest buying coffee in the bean, because

- Coffee in the bean loses its carbon dioxide and its freshness much less rapidly on standing than ground coffee and here the carbon dioxide is absolutely harmless and enables the coffee to be preserved for a longer period of time.
- A good fresh quality of coffee whether bulk, package or can contains the greatest amount of carbon dioxide which retains the flavor and aroma longer and keeps the coffee at its best.

Correct handling of coffee before consumption preserves the aroma, flavor and freshness of the coffee, therefore it must be kept in a dry cool place and if the whole bean is purchased grind it only in the quantity needed at the time of making.

The newer and better way of making coffee does not recommend boiling. The most delicious results are obtained by using freshly roasted coffee, freshly ground, over which water of a temperature just below boiling point is dripped for not more than two minutes.

The specific directions to be followed to obtain the most desirable results are:

- See that the coffee is not ground

Do you know how to make coffee that tastes "just the way it should"? Here is a new method that perhaps you have never tried. Here, also, are suggestions of appetizing ways of using left-over coffee. Try some of them. They're different, but you will like them.

too coarsely as a finely ground coffee yields a richer flavor than one coarsely ground because of the more rapid and complete solution of the flavor-giving substances.

- Allow at least a tablespoon of ground coffee to a cup of water, the exact amount depending on the strength of the coffee used and the individual taste.
- Be sure the water is at the boiling point and pour over the freshly ground coffee. (Many types of coffee pots are provided with special perforated containers for the freshly ground coffee and the water can drip slowly through the coffee.) By pouring at boiling point the water in contact with coffee falls to just the temperature needed to extract the greatest amount of flavor and aroma.
- The dripping should not last any longer than two minutes.
- Serve at once for if allowed to stand some of the aroma and flavor will be lost.
- Do not use the ground coffee a second time as coffee once used has given all its aroma and flavor to the beverage and there is no value left in the grounds.

Often the homemaker has left over coffee. What does she do with it? There are many delicious dishes in which this coffee may be used.

Any simple cake can be made into a Coffee Cake by using coffee as the liquid. Here is a recipe from the Boston Cooking School Cook Book:

COFFEE FRUIT CAKE

- 1 cup butter.
- 2 cups sugar
- 4 eggs
- 2 tablespoons molasses
- 1 cup cold coffee
- 3 3-4 cups flour
- 5 teaspoons baking powder
- 1 teaspoon cinnamon
- 1-2 teaspoon clove
- 1-2 teaspoon mace
- 1-2 teaspoon allspice
- 3-4 cup raisins (seeded)
- 3-4 cup currants
- 1-4 cup citron, thinly sliced and cut in strips
- 2 tablespoons brandy

Follow directions for making butter cake mixtures. Bake in deep cake pans.

Cookies and gingerbreads are delicious when coffee is used. The following recipes are taken from "Everybody's Cook Book" by Isabel Ely-Lord.

COFFEE COOKIES

- 7-8 cup shortening
- 2 cups sugar
- 2 eggs beaten
- 1 teaspoon salt
- 5 cups flour
- 1 cup strong coffee
- 2 tablespoons baking powder
- 1 teaspoon flavoring

COFFEE GINGERBREAD

- 1 cup molasses
- 1 teaspoon soda
- 1 teaspoon ginger
- 1-2 cup melted shortening
- 1-2 cup salt
- 1 cup strong coffee
- 2 3-4 cups flour

Put all liquid ingredients in mixing bowl, including eggs but not melted shortening and beat 2 minutes. Sift in all dry ingredients and beat 2 minutes. Add melted shortening or cream, beat 1 minute. Bake in moderate oven 26 to 30 minutes. Maple frosting is excellent over it. CUSTARD, which may be used as filling in cake or as custard dessert, is good flavored with coffee.

- 4 or 5 eggs slightly beaten

- 1-2 cup sugar
- 1-4 cup salt
- 2 cups scalding milk
- 2 cups strong coffee
- 1 teaspoon flavoring

Mix well slightly beaten eggs, sugar and salt. Pour over this scalding coffee.

Any vanilla ice cream could be flavored with coffee by substituting 1-2 cup of coffee for 1-2 cup of milk.

COFFEE ICE CREAM

- 1 quart cream
- 1 1-2 cups milk
- 1-3 cup Mocha coffee
- 1 1-4 cups coffee
- 1-4 teaspoon salt
- 4 eggs yolks

Scald milk with coffee, add one cup sugar; mix egg yolks slightly beaten with one fourth cup sugar, and salt; combine mixture, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheesecloth; freeze. Coffee ice cream may be served with Maraschino cherries or in halves of cantaloupe.

Fruit punch will be remembered if made with coffee.

FRUIT PUNCH (make two quarts)

- 1 cup vrey strong black coffee
- 1 cup sugar
- 1-2 cup strained fruit preserves (strawberry or raspberry)

- 6 tablespoons lemon juice
- 1 1-2 cups orange juice
- 2 teaspoons grated orange rind
- 1-2 cup pineapple juice
- 1 quart charged water

Mix coffee and sugar. Mix fruit juices, let stand at least 30 minutes. Strain mixture, add to coffee, add charged water. (Charged water may be omitted if not convenient.)

Thin mince meat for fries with coffee and the flavor will be improved.

The above recipes are a few suggestions which will doubtless bring others to mind, and which will mean using the left over coffee.

With the Iowa Home Economics Association

SCHOOL HAS SALE

By Gladys Mackey

MY OBJECT in writing this article is to tell about our sale, but first I should like to take just a little space to explain about the Pre-Vocational school. I find that many do not know the work of such a school.

We have nearly thirty girls enrolled. Many of them will be getting employment of some kind upon leaving our school rather than going on with a high school education. We give them ordinary elementary work of the grades just prior to senior high school work, and home economics. A half day is devoted to each. These girls, for different reasons, have not had the opportunity to carry on the regular school work in the Junior high school. The Pre-Vo school being smaller can give more individual help.

The home economics girls of the Pre-vocational school in Sioux City held a sale, Saturday, December 5th, in one of the leading department stores of the city.

The articles sold consisted of needlework, jelly and fresh cookies. The jelly was made in the fall. The glasses were made attractive by enameled lids and bright labels. The girls made almost twenty dozen cookies the two days previous to the sale. One girl who never has had the opportunity or encouragement to cook or bake at home had the responsibility of baking the cookies. She was quite busy watching three ovens, but she said that "it was fun". In making the cookies each girl used the full sized recipe. The chief kinds made were oatmeal, spice and chocolate drop cookies.

Following is a list of the articles of domestic art work:

Guest towels, tea towels, tray towels, lunch cloths, holders for the kitchen, handkerchiefs, gay bordered square hemmed and kiddie handkerchiefs of bright checked gingham with a little animal design embroidered in a corner; shoe trees, shoe bag, powder puffs, string dolls, decorated candles, beads one strand, baby bibs and play aprons.

We feel that the sale was quite a success, not so much in a financial way, but in the effect it had upon the girls. It gave them ideas of useful and inexpensive attractive gifts which were easily made and developed an interest in the Christmas work. They were thinking about things, as well as looking for gifts that were different and they really brought in more ideas than we had time to carry out.

From the making of these gifts an enthusiasm was developed also for the making of their own personal gifts, which they made later. I noticed, too, that the girls were developing their own abilities, they were gaining more confidence in themselves, and becoming more independent. One day, one of my younger girls came to me with a design she had copied freehand from a magazine cover, and timidly asked if I thought it would be suitable to trace on the little muslin bib she was making. She had changed the design just enough to make it suitable and it made a very pretty and different decoration on the bib.

In choosing the girls to be at the store

Someone who knows the teaching profession very well told us that the strength back of our National Organization was the organization at home. Thus the strength of the Iowa Home Economics Association lies in its membership.

This same observant speaker said that teachers never had any "pull" in politics or the business world but they had an immense amount of "push" when they really were determined to do a thing.

Do we, the one thousand Home Economics teachers of Iowa, want to go on record as the biggest, liveliest bunch of boosters in the middle west? Do we have the "Push" necessary to put us there?

We know that we have the most vital subject in the school curriculum and the one most firmly grounded upon human needs—The Home. Then let us PUSH.

Now if we are really determined to bring about this thing let us make it an individual proposition and make this our slogan, "Be a member, get a member."

Lillian G. Orr,
Pres. Iowa Home Economics Association.

to act as sales girls, each class elected a representative after a discussion in which the class brought out four requisites for the sales-girl. These were:

1. Courtesy,
2. Skill in making accurate change,
3. Personal cleanliness,
4. Neatness.

As I stated before, the result financially was not great, as the sum realized was about ten dollars, but it was a beginning of a savings account which will continue to grow. We are going to use part of the money for the cleaning of our two large flags and for first aid supplies. The remainder will be used for a picture for the beautiful new building, a part of which we are to occupy next year.

STUDENTS WRITE PLAY

The girls lunch room class of the Ames High school adopted the plan of writing a play to advertise the merits of the hot lunch among the students of the high school and their parents.

In order to present their points intelligently the girls found it was necessary to first make a study involving some problems in nutrition, in food value and in marketing.

The plot chosen was one which had some dramatic interest and the situations worked out by the girls held interest aside from their educational value.

The play was presented before the high school Parent-Teacher Association. It will be entered in a health contest which is being sponsored by the National Tuberculosis Association.

Viola Jammer, Louise Sailer, Helen Hass and Marie Willard, senior Home Economics students in the college had charge of the project. They worked under the direction of the Department of Home Economics Vocational Education.

CHILD CARE CLASSES

By Lydia Jacobson

Classes in child care at Huxley high school took on a different aspect when the girls started planning for the baby clinic which was held there in the fall. The Home Economics class under the direction of Miss Lydia Jacobson from Iowa State College spent several weeks preparing for the clinic.

Care, feeding, clothing and training of children were studied and posters and exhibits were prepared to interest the mothers in better babies. Posters announcing the date and place of the clinic were displayed in advance and others emphasizing phases of child care were posted about the clinic rooms. Exhibits of the proper food for a three year old child and books for a mother's library were prepared by the high school girls.

Twenty-five mothers attended the clinic which was held under the direction of Mrs. Lulu R. Lancaster and Miss Lydia V. Swanson of the Division of Home Economics of Iowa State College. The following faculty members from the college conducted phases of the clinic work; Dr. Mary Sheldon made the physical examinations, Dr. Thomas F. Vance, Dr. J. E. Evans and John G. Jenkins conducted the mental tests, Miss Florence E. Busse had charge of the work in nutrition and Miss Susan L. Bates demonstrated children's shoes.

Following the clinic twelve mothers asked for a special class in child care and training which Mrs. Lancaster is now conducting. The high school class spent several periods following the clinic in discussions of the questions arising from the suggestions given the mothers and from the physical and mental examinations which they had seen given.

HOME ECONOMICS CLUB PAGEANT

A pageant showing the life of Ellen Richards was the contribution of the Home Economics Club of Des Moines University when the home economics department of the University held open house on December 3, 1924.

The occasion was in honor of Mrs. Richards' birthday. The pageant portrayed her life by decades from her birth in 1842 till her death in 1911. The authentic historical costumes worn by the students necessitated searches in many a grandmother's attic at Thanksgiving vacation. A collection of old quilts were used in the background of the stage.

More than 200 parents and friends were present to pay respect to the pioneer worker in home economics fields.

Officers of the Home Economics Club of Des Moines University are: president, Helen Hunt; vice president, Le Nora Decker; treasurer, Leona Vernon; secretary, Bessie Redfern; artist, Mrs. Marguerite Layman, and reporters, Letha Hostetter and Leora McKee.

Let us hear what you are doing in your High School, College or Homemaker club. We want this page to be your page. Help us!

Another Fuel---Bottled Gas

By FLORENCE FORBES

"IF WE only had gas to cook with, the meal preparation problem would be so very much simpler!" This statement voices the wish of many Homemakers in rural or small town homes.

This is no longer a dream, since gas in a new form, known as bottled gas, is now on the market and within reach of those homemakers who wish a convenient fuel for cooking.

It has been an established fact for a long time that natural gas is one of the most efficient and convenient fuels obtainable. Unfortunately, in the past not all sections of the country have been able to enjoy the use of the fuel. However, the numerous attempts which have been made to bottle or compress this natural gas into a liquid have not been fruitless.

Now tanks of compressed gas may be carried easily to districts where it has been impossible to carry it in pipe lines. This plan offers opportunity also to conserve large amounts of gas from oil wells which has heretofore gone to waste. Bottled gas evidences the fact that it is possible to liquefy natural gas at a surprisingly low pressure. When it is released from the light pressure and heat is applied, it quickly resumes its gaseous state. This fuel looks and smells much like gasoline and burns with a hot, clean blue flame.

Bottled gas is delivered in a small steel drum about three feet high and two feet in diameter, which weighs about eighty-five pounds. It is utilized in a stove that is constructed very much like a gas stove. The stove is connected to the drum by means of a small flexible copper tube. The whole apparatus is quite simple. The drum may stand beside the stove or in a nearby room where the temperature is uniform. Connecting the gas container to the stove is a simple and speedy process. Lighting a burner is done as any gas burner.

In addition to the large and small range, bottled gas may be used for a hot water heater, laundry stove, utility burner and hot plate. The hot water heater is an especially desired piece of equipment for many homes.

In communities where bottled gas is now in demand, the problem of the supply is handled by a local dealer. The drums are permanent property of the producer, so the customer obtaining the filled container returns the "empty" to the dealer, who in turn exchanges these with the manufacturer for filled ones. It is impossible to say how long one drum will last a family since the amount of fuel used varies. However, one manufacturer claims that if one burner is turned at proper height, a container will burn for four hundred and sixteen burner hours.

This fuel has been used in some experiments for the past few months at Iowa State College. Many types of food have been prepared. Vegetables and meats have been cooked on the top burner. Bread, cakes and pies have been baked in the oven, with thoroughly satisfactory results. Meals have also been prepared with an efficiency comparable to other types of fuel.

The following meals were planned to test the usability of bottled gas in con-

This is our second article in the series of "Home Equipment," the first number of which appeared in last month's issue. Succeeding numbers of the magazine will carry interesting and valuable articles which are the result of actual experiments carried on in the Home Equipment course at Iowa State. Don't miss any of the series!

nection with various cooking processes. These meals do not necessarily represent the meals for one day, but are planned to determine whether bottled gas may be used satisfactorily for foods requiring different types of preparation. It will be noted that some of the foods are cooked quickly, some slowly, some in the oven and some on top of the stove.



Breakfast for six	Min.	Cost of Bottled Gas
Stewed rhubarb	10	
Rolled oats	40	
Bacon	10	
Eggs	5	
Toast	13	
Coffee	12	
Total	90	2 cts.
Luncheon for six		
Clear tomato soup	15	
Croutons	8	
Baked beans	210	
Corn bread	25	
Coffee	12	
Total	270	12.8 cts.
Dinner for six		
Swiss steak	85	
S'alopied potatoes	60	
Spinach	20	
Rice pudding	75	
Coffee	12	
Total	242	6.5 cts.

To the homemaker who plans carefully to utilize fuel to the best advantage, it will be unnecessary to suggest that a meal so planned that it may be entirely prepared in the oven will reduce the cost of fuel noticeably; or that a nest of pans, so constructed that three fit over a single burner, will make it possible to prepare three foods with one-third the amount of fuel required ordinarily when three separate burners are used. From these sug-

gestions it is evident at once that careful, thoughtful planning and skillful operation play a very important part in determining fuel costs.

It is further difficult to estimate accurately operation costs, since burners are not turned on to their fullest capacity thruout all processes. However, from tests made in the Home Equipment laboratories at Iowa State College, the average cost per burner hour would seem to be approximately two cents.

In the experiments it has been found that the stove is easy to operate, easy to keep clean, and the flame does not form soot on pots and pans. The flame furnishes intense, uniform and steady heat. If food happens to boil over, the burner is so constructed that the flame is not easily extinguished. Calorimeter tests show that the fuel is utilized very efficiently in the stove. Further, it is a satisfactory type of fuel to use since the fuel is consumed only when actual cooking is in progress and can be turned off instantly.

Bottled gas is one of the solutions to the problem of conservation of fuel. Of the hundreds of gas producing wells in the country, many do not yield a sufficient amount to warrant their development if gas is distributed by pipe lines only. In a number of cases this unusually rich gas has been allowed to escape as a total waste. Wells producing small amounts of gas may be utilized when gas is "bottled."

The housewife today is gradually realizing the importance of improving standards in her workshop. Heretofore she has been inclined to "get along" with what she has and to look out for her improvement last. In many homes of the small town and country the old kitchen coal and wood range still holds forth, complicating the already full schedule of the homemaker by the time required for its care and operation. In a very small percent of these homes only are gas or electricity available. Bottled gas is one of the possible alternatives. It is a convenient, efficient, dependable fuel, an especially desirable fuel where natural gas is not available.

The teachers of Home Economics in Davenport, Sioux City and Burlington, the home economics staff at Iowa State Teachers College and the Home Economics Extension staff of Iowa State College are 100 percent members of the Iowa State Home Economics Association.

"The inexperienced teacher who wishes to organize such a project should secure the assistance of local health organizations and the cooperation of one of the child welfare centers at the University of Iowa or Iowa State College," says Miss Jacobson.

The baby clinics conducted by physicians from the Child Research Station at Iowa City and financed by the Sheppard-Towner appropriation are available in every community in Iowa.

Homemaker as Citizen

IOWA CHILD WELFARE RESEARCH STATION

By AGNES CRAIN

OF APPROXIMATELY one million children in Iowa one-tenth are constitutionally, mentally or physically defective and the remaining nine hundred thousand are the so-called "normal group". But, are any of this latter group really normal? If we use as our standards the best that Iowa can produce, is each child developing according to his maximum ability? Are special mental and physical defects being removed? What are the methods used to develop Iowa's children? How may we conserve the good qualities of each child and improve them?

It was in answer to these questions, and to contribute directly to the upbuilding and development of the so-called normal child, that the Research Station was established, as a part of the State University, at Iowa City. The two principal functions of the station are: to serve to discover the basic principles of development, which can be applied to making better boys and girls all over the state of Iowa, and to serve as a laboratory for the examination of children of exceptional ability or geniuses.

Formerly society has spent its energy toward trying to raise the sub-normal child to normal; now the normal child will receive a little more attention in order that he may develop to the height of his capacity. To assist in this study, the child is considered as having six ages: (1) A chronological age, which denotes the temporal span of life in months and years; (2) a physiological age, which denotes the stages of physical growth and maturity; (3) a mental age, denotive of the appearance and ripening of the instincts; (4) a pedagogical age, denotive of the rate and position in school; (5) a social age, which denotes the degree to which a child makes, adapts and controls social adjustments; (6) a moral and religious age, denotive of well defined ideas of moral judgments, conduct and religious awakening.

In a normal child, each age is developing at its maximum, so the chronological, physiological, mental, pedagogical, social and moral ages nicely balance each other. Since this is the definition of a normal child, this is the aim toward which the Iowa Child Research Station is working.

This work is divided into various departments, each of which is under a national leader in that type of work. Dr. Bird T. Baldwin has charge of the research in psychology and is doing particular work in the relation of physical growth to mental development; he is also head of the Research Station. Dr. Amy Louise Daniels is the research professor in nutrition. Dr. Phineas Wescott Whiting is working with the eugenics department, and Dr. Carl Emil Seashore is doing valuable work in psychology. A number of associates, research assistants, as well as graduate student assistants, nurses and secretaries are adding considerable to the work now in progress.

The work of the station is divided under three heads: the investigation, the dissemination and the training. The investigation includes work in the departments of psychology, anthropometry, nu-

trition, sociology, eugenics, corrective speech, bibliographies collaborating laboratories and field laboratories. The dissemination is carried out thru research publications, state services and university extension, while the training consists of graduate seminars, research work and methods and technique.

The work of the psychology department includes experimental laboratory studies and field studies on mental and motor development, for the purpose of assembling data for the establishing of development norms. Special attention is given to the fundamentals of learning, and the development of motor coordination. An answer to many questions in the training of children is expected from the study of the social and emotional life, which is now being made.

The examination of infants under two years of age is contributing to the building up of a scale for the measurement of mental development at the earliest ages. Another group—the junior primary group—affords interesting subjects for experiment.

The anthropometry department determines how children grow. From the examination of thousands of children all over the United States, a height-weight table has been compiled, which is being used by many child health agencies. Other tables for the girth of chest, breathing capacity, width of shoulders and others are being worked out now, which are of especial importance in the formulation of growth norms for the pre-school age child.

X-ray is affording a method of investigation and study of the wrist bones; since the growth of these bones is an adequate measure of the general physical development of the child, much use can be made of such a scale for diagnostic purposes. The teeth are another subject of X-ray study. Cumulative studies on the border line of psychology and anthropometry will show the relation of physical development and mental maturation.

The division of nutrition, working with the College of Medicine, is making contributions to the theory and technique of preventing mal-nutrition and stimulating growth in the pre-school age child. Rats and guinea pigs are the subjects of carefully planned experiments with certain diets, where they find that changes in weight, general appearance, size and activity are the first indications of the inadequacy of milk food which has been confidently recommended by uninformed doctors.

The use of anti-neuritic vitamin found in fresh fruit and vegetables, is being emphasized as a method of preventing under-nutrition. Diabetes in children and the dietetic control of toxic convulsions are other subjects which are being investigated. A new type of vegetable soup containing turnips, carrots, spinach and celery is being recommended for the child who has grown tired of other forms of vegetables. Orange juice, prune juice and other fruit juices are also special recommendations.

The sociology division studies the so-

cial, civic and economic environment of the child in order to determine how desirable social qualities may be developed in the child. Iowa Child Welfare laws have been studied and compared with those of other states. Two investigations relating to social conditions and their affect on the quality of parenthood in Iowa are of special significance: 1. the study of migration into and out of Iowa; 2. the propagation rate in Iowa. These show the danger to the future stock of the state, resulting from the migration rate west and to the cities, and from the tendency of the better educated class to have fewer children than have the less desirable elements of the population.

The division of eugenics and genetics deals with the conditions affecting the child's being "well-born". The relative importance of heredity and environment is studied with insects which may be bred rapidly. An investigation of the influences producing identical twins, the inheritance of defective traits, or of superior traits as good physique, musical ability, are other interesting subjects of research in this department.

The pre-school age laboratory is conducted by the station for experimental work with children from two to four years of age. It was established in 1921. The aim is: it affords an opportunity for study of the child under controlled conditions and also an opportunity for little children to become adjusted to normal group environment with other conditions remaining as near normal as possible. A special room has been built and equipped for this laboratory.

The younger children come at 9 o'clock and remain until 10:30, when the older ones arrive. They are occupied with singing, games, stories, nature talks, rhythmic exercises and simple occupational projects. Physical and mental examinations are given frequently. The effect of the group has much to do with establishing desirable changes. It is the first step in independence for some children—they learn to put on their wraps, to co-operate and begin the many complex duties which the adult is called on to perform many times a day.

The junior primary aids the pre-school age work. During the early part of the year there is much hand work as weaving and the group discussion takes the place of the teacher. The latter half of the year includes number work and reading in connection with certain projects so that it becomes an all dominating interest. A lunch is served the groups at ten o'clock thru which they learn the setting and serving of the table.

Altho this is only the beginning of school training for the normal pre-school age child, other schools are being started, which will do much toward giving the normal child the best opportunities possible.

Co-operative investigations are being made with other departments of the university and with scientists in all parts of the country. The Medicine and Dentistry Colleges cooperated in the study of children entering school the Children's

(Continued on page 16)

THE IOWA HOMEMAKER

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If your copies of the Iowa Homemaker are failing to arrive, please notify Edythe Morgan, Circulation Manager, Iowa Homemaker, Ames, Iowa, at once, so that the difficulty may be located and the matter attended to. We are most anxious to avoid errors in this line and will appreciate your assistance in telling us of any omissions.

THINK YOUR OWN THOUGHTS

A trait common to most of us is our desire to have our problems solved for us in a cut and dried fashion one which will require no undue or unusual thought on our part, but which will leave us a ready-made decision, with the thinking already done for us.

Something definite, which we can apply to our own case, is what we are looking for in the articles we read, in the talks we listen to and in the sermons we hear on Sundays. We want actualities, not theories. A certain amount of knowledge-in-a-nutshell is a desirable thing and necessary, but what sort of mental exercise can it afford?

Education, by some, is considered much the same as a series of cups being filled from a large pitcher—all the cup need do is stand ready to accept its share. The facts obtained in education need not be practical—indeed, education should be cultural rather than useful!

But, to return to our first statement—that we are more than ready to accept a decision made for us, an instance may be cited: In a discussion group not long ago, under the leadership of a most intelligent man, various questions were put to him for direct answer and when the man replied that it would be impossible for him to give statements which could be followed explicitly, but rather he could make suggestions which were to be applied, the people were dissatisfied. They were unwilling to try out suggestions to determine the best for themselves, but expected him to give

them rules which would fit their cases; because of his brilliance, he was expected to make decisions for all of them.

The true value of education of any type, whether short or prolonged, is to train for thought, rather than to assist in the acquiring of facts, useful or useless, which may be cataloged in the head—and left there.

The Farm and Home Week which has just passed illustrated the opportunity of starting thinking in the right direction. In one week no one could acquire enough facts to help her for another year, but each one could get the inspiration for a better home and better methods of work and with that ideal before her think out her own plans for its accomplishment.

Let's apply those facts which we have acquired to practical situations and let them work for us awhile!

WEIGHING VALUES

"Each one has a right to live her own life"—so we believe, at least in our own case—altho secretly we probably think that our idea of the way to live that life is the ideal one.

No one is anxious to have the ideas of some one else thrust upon her. If she would rather have a new hat, after several years of the old one, than some sort of new cleaning equipment, then she is not very pleased to have some one remark, "That woman is so shiftless. She would rather look nice than save herself a little work," or "They spend all of their money on their backs, and never improve their home." She does not care to be told that she is not progressive because she hasn't done the many things to her home which she knows should be done, but for which she cannot find the extra dollars.

It is undeniably true that we do spend money and that we spend it for the things we like most, but that is only another case where we weigh values in order to determine the articles which will give us the most pleasure for our money, and certainly such action is not to be condemned.

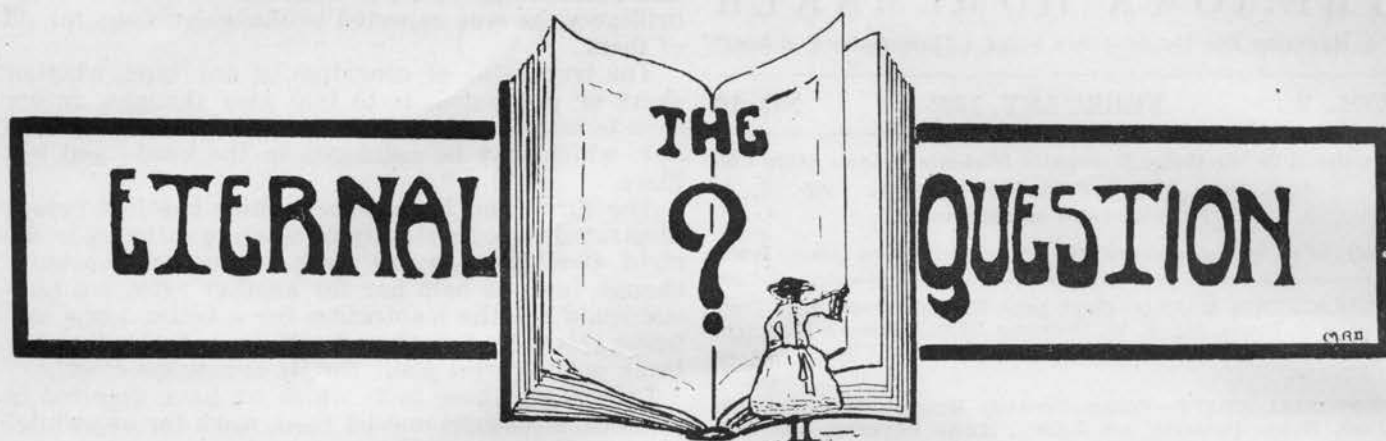
It is the aim of the Iowa Homemaker not to force on to resisting readers ideas of some one else, but to offer helpful suggestions whose relative values may be weighed and applied wherever practical.

If we can accomplish that ideal we shall feel that our magazine does not live in vain.

NO BABY IN THE HOUSE

No baby in the house, I know
 'Tis far too nice and clean.
 No toys by careless fingers strewn,
 Upon the floors are seen.
 No finger marks are on the panes,
 No scratches on the chairs;
 No wooden men set up in rows,
 Or marshalled off in pairs;
 No little stockings to be darned,
 Or ragged at the toes;
 No pile of mending to be done,
 Made up of baby clothes;
 No little troubles to be soothed,
 No little hands to fold;
 No grimy fingers to be washed,
 No stories to be told;
 No tender kisses to be given
 No nicknames, "Dore" and "Mouse",
 No merry frolics after tea;
 No baby in the house!

—Clara Dolliver.



Books on the Principles of Color

Would you please recommend several good books on principles of color in dress, giving name and address of book company?

Answering your letter in regard to color in dress, I should suggest the following:

Weinberg, Louis—"Color in Everyday Life." Moffat, Yard & Co., New York City.

Buttrick, Helen Goodrich—"Principles of Clothing Selection" MacMillan Co., New York City. \$1.25.

Picken, Mary Brooks—"Secrets of Distinctive Dress" Woman's Institute, Scranton, Pa.

Color Applied to Dress Design—Home Economics Bulletin No. 53, Iowa State College, Ames, Iowa, Extension Department.

Soda in Pancakes

What percent of soda is required to give pancakes the desired lightness?

In ordinary household practices in making pancakes, from 1 5-10 to 2 per cent of soda is required to give the pancakes the desired lightness. Of this amount 1 per cent can be used with sour milk. The rest must be added with phosphate of acid substance in form of baking powder. If the buttermilk in your formula neutralizes the 1 per cent of soda, I should think you would need phosphate and additional soda to make the amount of soda at least 1 5-10 per cent. As to the particular kind of phosphate, I cannot say, where it might be purchased.

Vitamin Content of Oranges

Will you kindly give me the vitamin content of oranges and orange products? Could you give me results on experimental work?

Oranges contain all three vitamins as follows:

Orange (pulp or peel)

A—Presence of vitamin

B—50% or more of foodstuff required in diet when used as only source of this vitamin.

C—Foodstuff of highest activity.

Dr. Agness Fay Mugan, of the Household Science Department, University of California, Berkeley, Calif., has tested orange oil and orange peel for its vitamin content, and one of her students made a study of the value of milk and orange juice (both fresh and bottled) as a mid-morning lunch for children. She will be

glad to send you reprints of this. Ask for reprints of "Vitamin A in Some Citrus Fruit Products," and a "Comparison of the Value of Milk and Oranges as Supplementary Lunch for Underweight Children."

Dinner Knives

What kind of dinner knives shall I buy?

The selection of a pattern for silver will be determined largely by your own personal taste and the size of your purse. There are as many splendid patterns in the plated ware as in the sterling. Many housewives prefer the dessert size in dinner knives to the regular dinner size since one set must serve for all meals. For very hard service the flat handled is perhaps most desirable. The hollow handled, however, is much more attractive and gives excellent service. Since knives are really used for the cutting of meats many housewives are now purchasing the stainless steel plate. This gives an excellent cutting edge and is as attractive as the silver.

Alteration of Children's Clothing

During Veishea week last spring I was very much interested in the Exhibit of Children's Clothing suggestions and particularly a schedule of pattern alterations. We are having for our Farm Bureau women a series of special lessons on children's clothing and I would greatly appreciate any suggestions that I might receive.

Alteration of Children's Clothing:

1. Select pattern of different types—kimono, raglan, set-in sleeves for certain age.
2. Make alterations necessary for certain child.
3. Use altered pattern as basis of pattern design.
 - a. Variations may be secured by changing neck lines, collar and cuffs, pockets, openings, hem lines, use of braids and binding, stitchery, different materials, different color harmonies and textures.
 - b. Indicate on pattern necessary changes or add additional pieces to pattern.
 - c. Adapt pattern to different types of figures and interpret different materials for different personalities.

Home and Baby Management

Would it be possible for you to send me material about experimental school short course in house and baby management?

The following is a list of bulletins which you may secure on the above subject:

No. 4 Merrill-Palmer School of Home-making. Fourth annual report 1923.

No. 16 A Nursery School Experiment. Bulletin No. 11.

No. 13 Experimental Schools. Bulletin No. 10.

No. 14 Experimental Schools. Bulletin No. 5.

No. 12 Experimental Schools. Bulletin No. 4.

No. 11 Bulletin of the State University of Iowa.

Pre-School Laboratory

Why Use Milk—Ely McCormick Memorial, Chicago.

Measurements for Children's Clothing

Would you kindly tell me where I can secure a Table of Measurements for Children's Clothing, something which will give average measurements of sleeve lengths, waist bands, etc., for different age children?

Such information has not as yet been compiled. It may be secured by making a study of different commercial patterns of the same type for a certain age, if such a study seems necessary.

Patterns should be altered for the individual and can be easily adjusted from time to time as the child grows.

Large Quantity Cookery

Will you kindly give me the names of several books which I may use in the preparation of large quantities of food?

In our institutional work we have found two books of recipes that are very valuable:

"Quantity Cookery" by Leona Richards & Nola Treat, Little, Brown & Co., publishers.

"Recipes and Menus for Fifty" by Frances L. Smith, Whitcomb and Barrows, publishers.

The recipes in both these books are economical and thoroughly satisfactory.

Who's There and Where

By PEARL HARRIS



Mortar Board Alumnae Here

Several alumnae members of Mortar Board were on the campus February 7 for the installation ceremonies of National Mortar Board, which then entered an Agricultural college for the first time. Among the girls who were here for initiation were: Ann Hopkins, who is supply teacher in the Des Moines Public Schools; Pauline May, who is teaching at Alden, Iowa; Marie Van Cleve, teaching at Shenandoah; Ethel Huebner, who has been in Detroit but is now teaching in Burlington; Adah Herring, who has been dietitian in Iowa Lutheran Hospital at Des Moines but is now at home in Perry; Maida Heiner, who is teaching at Lowden; Eleanor Pearson, who is teaching at Ottumwa; Nita Comstock Beese, who is living in Cincinnati, Iowa; Esther Pond, who is teaching at Plainview, Nebr.; Clair Yungclas, of Webster City; and Grata Thorne, who is teaching at Colo.

Dean Anna Richardson who was a member of the local group at the University of Texas which has recently been granted a chapter of Mortar Board was also initiated with the local group here. Miss Busse of the home economics faculty was also initiated at this time.

Marion Jacklin '23 of Des Moines and C. L. Benner '23 were married early in November. Mr. Benner previously was a member of the agricultural economics faculty and is at present employed at the Institute of Economics, Jackson Place, Wash.

Mable Campbell '10, who is with the federal board of vocational education, has charge of of home economics education in the western half of the United States. She spent the holidays in Ames with her parents. On Jan. 10, she was initiated into Omicron Nu.

The death of Lydia Brown Hipps '00 occurred at Shanghai, China, on Dec. 20. She taught music in China and later taught at Oberlin previous to her marriage to Prof. J. B. Hipps, dean of the Baptist School of Religious Education at Shanghai.

Word has been received of the marriage of Edna Beebe '24 to Mr. T. F. Cherry of Woodbine, Iowa, on February 1. They will be at home after March first at Logan, Iowa, where Mr. Cherry, who is county engineer, has his headquarters.

Lola Placeway Bennett '95 was married to Reverend Pearson, a Presbyterian minister of Orange, California, on December 8, 1924.

Mary Hastings, who graduated at the end of the fall quarter is teaching Home Economics at Waterville.

At Muscatine last September occurred the marriage of Ruth Hook '24 of Stratford, Iowa, and Charles Everett '24 of Moline, Illinois. The marriage was kept secret until the holidays. Mrs. Everett is teaching in the consolidated school at Dike and Mr. Everett is with the John Deere Plow Company of Moline.

Iva Brandt '05 of the Home Economics faculty, who is on a year's leave of absence, spent some time during the holidays in Philadelphia doing special research work. She is now working for her master's degree at the Prince school which is connected with Simmons college in Boston.

Eda Lord Murphy '22 is soon to leave Constantinople where she has been doing work in home economics. Her engagement has been announced to Benjamin Garrison Demarest, a lawyer of New York and Montclair, New Jersey.

Estella Buffington '16, who took her master of science degree from Ann Arbor, is laboratory technician at Lying Inn hospital, Stuyvesant Square and Second Ave., New York City.

To Faith Furman Renner Ex '24 and Kenneth M. Renner '21 was born a baby boy on November 26. Mr. Renner is an instructor in Dairy Husbandry at the Kansas State College.

Edna Fry '15 is now in charge of the Sunflower Tea Room in Syracuse, N. Y. Miss Fry has had this position for two and one half years and finds the East very much to her liking.

Walter W. Howell '24 and Berdina Ruth Fotsch, Ex '26 were married at Davenport, Iowa, on Dec. 24. They are at home at 1640 E. 13th Ave., Denver.

Florence J. Pettinger '07, who is in the subscription department of Life at New York City, reports an Ames alumni dinner and get-together meeting there.

Bertha Wellington is working with the Extension Department in Michigan. At present she is teaching twenty nutrition classes for mothers in the state.

Helen Gilmore, who took her student dietitian training at Mt. Sinai Hospital, New York City, is staying on as assistant dietitian for another year.

On June 29 occurred the marriage of Joy Lewis '24 and J. D. Hayes '22. They are now living on a farm near Toledo, Iowa.

Mary Young '16 is now superintendent of home economics and in charge of the school cafeteria at Muskegon, Michigan.

The Fred B. Smith Meetings

At the annual religious meetings Friday, Saturday, and Sunday, January 16, 17, and 18, Fred B. Smith of New York, nationally known business man and lecturer was the speaker. Mr. Smith has been at Iowa State in other years for this same type of meeting.

The meetings opened with convocation Friday morning at which time Mr. Smith spoke on "Fundamental Education." In this address he urged all students to stick by college no matter how hard the task seemed to be.

"Moral Robbery," "Is America a Great Nation," and the "Fruits of Religion" were the topics of his other addresses, which he delivered to large crowds of students, faculty, and Ames people. Several luncheons were held for the speaker during his stay at Ames, among them being a student luncheon Saturday noon.

Mr. Smith's time between meetings was open to students and groups of students who wished conferences with him.

Millie Kalsem '20 is dietitian at the Iowa Methodist Hospital in Des Moines. Miss Busse introduced her recently to the sophomores at technical lecture where she spoke for a short time about her work.

Louise Stratbucker '18, who has been in the Old World, has now returned to the States and is residing at 113 Crescent Ave., Louisville, Ky.

Helen Haug '18, who is now teaching for the third consecutive year at Caladonia, Minnesota, was a campus visitor during the holidays.

On January 5 at St. Luke's Hospital, a son was born to Mr. and Mrs. L. A. Spangler of Chicago. Mrs. Spangler was Dorothy Dodds '18.

Elizabeth L. Deacon was married on August 30 to W. A. Sellers and is now living at 32 E. Walnut Lane, Germantown, Pennsylvania.

Lois G. Stephens '20 has charge of the cafeteria of the Mountain States Telephone and Telegraph Company at 1421 Champa, Denver.

Lottie Ward Wangert '15 announces the birth of Marilyn Ruth on Thanksgiving morning. She is now residing at Las Vegas, Nevada.

Gladys Dodge '21 is dietitian at the Cottage Hospital at Santa Barbara, California.

Olla V. Johnson '16 is a professor of Home Economics at Illinois Wesleyan.

Louise Buchanan '15 is teaching at Central High School in Omaha.

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TRUEBLOOD'S

"Campustown"

"TEN DOLLARS A WEEK AND TIPS

By Harriet Cookinham

The Department of Institutional Administration at Iowa State College, believes in the combination of theory and practice. Therefore, the girls who have had the theory and are interested in the management of cafeterias, tea rooms, and other institutions, are encouraged to gain practical experience along these lines during summer vacation.

An idea of the kind of experience gained by the girls can be given by the following descriptions of places where they have worked.

The "Delles," a hotel of the better class, located at Kilborn, Wisconsin, has been a popular place with Iowa State College girls. This is a small hotel, accommodating only about fifty guests, but catering to the wealthy class of people. It is at a summer resort with the patronage mostly Chicago people, and the rates are correspondingly high, the rooms renting for \$6, \$7 and \$8 a day. The dining room service is very formal, elaborate and expensive. Breakfast and two dinners are served each day. Breakfast is always served in four courses, and a typical menu consists of grapefruit, cereal, bacon and eggs, wheat cakes and coffee. At noon, the menu is soup or cocktail, followed by the meat course, generally a wild meat, the salad and dessert. For the evening meal, the menu is soup or cocktail, steak, two vegetables, salad, ice cream and cake. The use of finger bowls gives an air of formality and elegance to the service.

The waitresses employed here are all college girls, and they are treated in a friendly manner by the guests of the hotel. They work between seven and eight hours a day and receive their room and board and eight dollars a week—besides their tips which often run as high as five dollars a day. The girls dress in blue dresses with white aprons during the week, with white dresses on Sundays.

Another hotel, which is nearer home for most Iowa girls, is the Knight Templar Hotel at Templar Park, Lake Okoboji. This hotel, as the name shows, is only for Knight Templars, but is always a busy place. It is practically a new hotel, and a very pleasant place to work. The service being very informal, the hours are naturally short. The dining-room is conducted with the family or home style. Dinner is served at noon and supper at night. At each of these meals, when the guests are seated at her table, the waitress takes her tray to the kitchen, tells the servers how many guests she has, and the platters are filled for her. All she has to do is to place the platters on the tables, then take their drink orders. The girls work from one to two hours each meal, and are paid ten dollars a week, and board and room. They are also tipped quite generously, and are invited to all entertainments put on by the guests. Their dress is a white apron with black belt.

One place where many girls enjoy going is Estes Park. Many Ames girls have been there, and find the work interesting and also helpful. One girl had the opportunity to go to Grand Lake Lodge in Rocky Mountain National Park. This lodge is situated high in the mountains and is a very pleasant place to spend the summer. The lodge is not always full, so the girls have considerable

time for trips into the mountains and for hikes. The dining-room service is somewhat different here. All plates are served in the kitchen, and dinner is served at noon and supper at night. Besides board and room, the girls receive one dollar a day, and their tips average between eight and ten dollars a week. The girls wear black dresses with white collars and cuffs and white aprons, and on Sunday an entire white costume.

"Elizabeth Inn," a tea room at Colorado Springs, situated on East Pikes Peak Avenue, employed five Iowa State girls last summer. Four of the girls worked as waitresses and the fifth was the dessert girl.

The waitresses received \$10 a week and two meals a day, but had to pay extra for their rooms. The tips received amounted to about \$9 a week. They wore black silk dresses with yellow organdy collars and cuffs, and white aprons and caps. The working day here was eight hours, which kept them quite busy. The dessert girl's work was all done in the kitchen, and as she did not receive tips, she was paid \$15 a week. The girls agree this is a very pleasant place to work and that the most refined class of people patronize the Inn.

An idea of the value and the quality of the work done by our girls is shown by the following extract from a letter from the owner of a tea room in the west where five of our girls in institutional worked: "I am very much pleased to be able to get such nice girls with so little effort on my part. My patrons remarked to me so often, 'You have such unusual girls; they are delightful.'"

The majority of the girls have gone to work with the idea of making their expenses and having a good vacation, but as a general rule, have come back with enough money from tips to pay their fees during the fall term, besides having had an enjoyable vacation.

On January 5th a new order of things began when Mrs. Nellie Taylor Ross, widow of the late executive of Wyoming was sworn into the office of governor of Wyoming, as the first woman governor in the union. Mrs. Ross was first chosen at a special election to complete the unexpired term of her husband and re-elected in November for another term. Due to these circumstances Mrs. Ross requested that the inauguration services be very simple.

"BOTULISM"

Will you please tell me how to protect one's self against "Botulism?"

If the following instructions are followed there will be no need to fear "Botulism" or other poisoning from canned food.

Destroy all food showing any sign of spoilage. Take no chances.

Under no circumstances taste canned asparagus, corn, string beans, peas or spinach before boiling.

Boil for five minutes the vegetables listed above before using, even though there be no sign of spoilage.

While at the conference, Miss Richardson acted as chairman of a committee to study the status of research in home economics. On this committee with her were R. W. Thatcher, director of the New York experiment station and Dr. Louise Stanley, chief of the home economics bureau of the Washington agriculture department.

Can You Win One For Ames

IT'S YOU, who graduated from one of the Home Economics courses, we are addressing. Some bright, capable high school girl of your acquaintance is debating the question of what kind of a college education to get and where to get it.

Undoubtedly, your judgment and influence would go a long way in helping her to settle this question and she would welcome whatever you might say to her about the instruction offered to women at Iowa State College.

Tell her about the Home Economics courses offered at Iowa State and how they help women to prepare themselves for their life and work, opening up many splendid opportunities. These courses were high grade when you were a student at Iowa State; they have been continually improved with the general advance in education.

If this high school girl wants catalogs or booklets, the Registrar will send them on request.

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ST. PATRICK STORIES

By Mable Blom

A great deal of uncertainty exists about St. Patrick, patron of Ireland, whose festival on March seventeenth is celebrated by Irishmen wherever they may be. It is not even known whether March seventeenth is the date of his birth or of his death, although it is sometimes said to be both. The year and place of his nativity are matters of dispute. Indeed, so many conflicting legends have been woven into his story that it is now generally assumed that there were two or more St. Patricks who have been combined into one.

The most popular of the legends regarding St. Patrick is that which gives him credit for driving all the snakes and similar vermin out of Ireland. Not only has it maintained its vitality better than many a sober truth could have done, but it has been strengthened and improved by successive generations of story-tellers. The shamrock is said to be worn by the Irish, upon the anniversary of this saint, for the reason that when the Saint preached the gospel to the pagan Irish, he illustrated his doctrine of the Trinity by showing them a trefoil, or three-leaved grass, which operated to their conviction, was the shamrock and was worn ever afterwards upon the Saint's anniversary to commemorate the event.

It is impossible to say when the seventeenth of March in each year began to be set apart as St. Patrick's day and observed as a popular holiday of Ireland, but whatever may have started it, there can be no doubt that the day is a national holiday in Ireland and is observed with much enthusiasm by others besides those people from the country of the "wearing of the green."

HOME ECONOMICS IN DENMARK

By Kathern Ayres

Imagine a country where there are no girl's clubs studying such problems as canning, sewing, home decoration, or poultry raising. Then remember that in America, right in the state of Iowa, 636 enthusiastic girls, representing clubs all over the state, and their 145 club leaders met at Iowa State College during the holidays and enjoyed a week's short course program.

Denmark is interested in the organization of extension work in America and has sent a representative here to study the status of home economics education. Miss Ulla Christensen, a home economics teacher of Denmark spent about ten days on the campus and made trips to visit several girl's club meetings to see how they were conducted.

"In Denmark our home economics education is very different from what it is here," said Miss Christensen. "We have no state colleges or any four year college courses which give home economics training. All of this type of education there, is given in private schools. There are about 30 of these private home economics schools thruout the country where girls may go and take the six months course, which is to give the training for a practical homemaker. In each of these schools there are from twenty-five to fifty young women who are planning to have homes of their own.

"Very few of the great mass of girls there receive any home economics train-

ing because these private schools are only for the privileged classes. The Danish government feels that this lack might be supplied by Girl's club work. It seems strange that the county agent work in agriculture has been carried out since 1860. But the women's clubs have not been established until recently and the girls have not been organized at all."

Teachers of home economics for these private schools of Denmark are trained in two institutions, one in Copenhagen and one at Soro. After completing the secondary school which is the same as our high school, a girl in order to go to take the home economics teacher training course must have spent one year on a farm doing the practical things of the home. Then she goes to one of these schools for two years and takes only home economics subjects. The system there is very similar to our home management houses where the girls to live there for two years and take nothing but home economics subjects. These two schools together graduate about 50 teachers each year.

While Miss Christensen was in Ames she received a message from the Norwegian and Swedish governments, asking her to submit a report to them upon the completion of her studies in America. She has already visited in most of the southern states and in Nebraska, where she observed the home demonstration work and here at Iowa State College she has studied particularly the girl's club work.

Her itinerary is scheduled from the Washington department of agriculture. She is now visiting in the eastern states. Before returning to Europe she will take some work at Columbia university.

"In traveling from one place to another in America the distances seem so great," said Miss Christensen. "From my home in Vordingburg it is a one hour's ride to Sweden, a five hour's ride to Berlin, 30 hours to Paris and only 24 hours to England."

Miss Christensen has a fellowship from the Rockefeller foundation, which is an international education board that provides for an interchange of students between other countries and America.

"After I have finished my visit here, I have four reports to make, two in Danish and two in English, to the Rockefeller foundation, United States department of agriculture, Danish board of education and the Danish agricultural bureau," said Miss Christensen.

Minnesota League of Women Voters is giving the public its 1925 legislative program thru the radio broadcasting station WCCO. Prominent league women give the addresses.

"Ames has more home economics graduate students than any other land grant college," said Dean Anna E. Richardson, when she returned from the Land Grant College association conference held in Washington, D. C., last November. "Ames compares very favorably in the amount of research work done in home economics."

There are 52 land grant colleges represented in the association. There is one land grant college in each state except Massachusetts which has two and then there is one in Porto Rica and one in Hawaii. R. A. Pearson, president of Iowa State College, has been president of the association for the past year.

CHILD CARE BULLETINS

Free or inexpensive bulletins on different phases of child care may be secured from the University of Iowa at Iowa City, Children's Bureau, Washington, D. C.; American Child Health Association, 370 Seventh Ave., New York City, and the Elizabeth McCormick Memorial Fund, 848 N. Dearborn St., Chicago, Ill.

HOME ECONOMICS CLUB REPORT

The Home Economics Club of Iowa State College during the last four years has accomplished the following in a financial way:

Iowa State College Memorial Union	\$ 400
Iowa Homemaker	300
Mrs. Welch Fund	500
Constantinople College Fund	150
Ellen H. Richards Fund	450
Dean MacKay Loan Fund	1800
American Home Economics Association	50
October of this year ((given to Mr. Herman Knapp, Treasurer, to be invested as a nucleus for a memorial in new Home Economics Building)	700

PROGRESS IN HOME PROJECT WORK

Here are a few facts to show you how Home Demonstration Agent Work in Iowa has grown during the last few years.

In 1922, only 25 counties were doing home project work; in 1923, 65 counties; 1924, 95 counties, and this year 99 counties are doing definite home project work.

This increased success is due to a definite plan of organization. When the work first started, it lacked the definite plan. We went to this small group, to that club, or that individual for anything from dress form demonstration to chicken culling. Thru this method it was almost impossible to find out how far the work carried on after the demonstration. With the definite state plan, we now have, we are able to get definite results of our work.

As you all know, our State Plan for Farm Bureau work provides for a President, Vice-President, Secretary, Treasurer and Publicity Chairman in each township. The Vice President, being a woman, becomes the Township project leader for the women. Her committee is made up of a cooperator from each school district, and a publicity chairman. At the present time there are 1250 townships with this definite type of organization. They in turn work with the County Organization. This County organization is made up of the county project leader, more commonly known as the County Chairman, and the County Project Committee, made up of five farm women and the County Club Committee.

We must give the Extension Service a great deal of credit for helping to establish this definite organization. The State Committee of Farm Women have also helped with this. We know the farm women have a much broader vision of the home project work than they had in the beginning or they could not have given us the following reasons or objects of Home Demonstration Agent work.

These objects of the work are:

1. To discover and develop unsuspected talents in the community.
2. To place community interests

above personal interests.

3. To develop leadership.
4. To broaden the vision of the people.
5. To foster sociability.
6. To make farm homes more efficient, comfortable and more richly contented.
7. To develop agriculture.
8. To develop the spirit of service.
9. To build strong township and county organizations.

Some counties are better able to develop these reasons for home project work thru the aid of a Home Demonstration Agent. Those counties have an agent who is especially trained not only in Home Economics, but in organization work. She can devote her whole time to the work, while in counties where all depends on the county chairman, it is impossible for her to spend so much time, as she has her home duties to consider. In the Home Demonstration Agent counties, it is possible to have and do a great many more things to develop our Home Project Work. We have our work carried on thruout the year. It does not stop at the close of a five months training school. We are able to have the fine cooperation of other organizations in the county. We have our Township and County Achievement Days at the close of our year's work.

The farm women's Camp has been another big feature of the Home Demonstration Agent work. Just talk to some of the women who attended Camp Brewster if you wish to know how successful the Camp was.

Besides what I have already mentioned, it is possible to have various kinds of contests, such as essay, poster, music memory and health.

Last year 7000 local leaders in the state reported work done. This year there were 13,000 leaders reporting with half of them coming from the 17 Home Demonstration Agent Counties.

Many of you have asked me how to go about it to get a Home Demonstration Agent. I have tried very hard to help those who did.

However, I think that Mrs. Lott put it all in a nut-shell when she said to us at Union Short course:

"If you have something you want, you'll never get it by keeping still, it's the wheel that squeaks that gets the grease."

(Outline of talk given at the State Farm Bureau meeting January 14 by Fern Lippincott, Home Demonstration Agent in Linn county and president of Iowa Home Demonstration Agent Association.)

TESTS FOR CANS BEFORE OPENING
Tin Cans:

Both ends should be flat or curved slightly inward. Neither end should bulge or snap back when pressed.

All seams should be tight and clean, with no trace of leaks.

Glass Jars:

The cover, if metal, should be firm and flat or curved slightly inward. There should be no sign of leakage around the rubber ring or elsewhere.

The contents should appear sound, normal in color, and the liquid free from unusual cloudiness.

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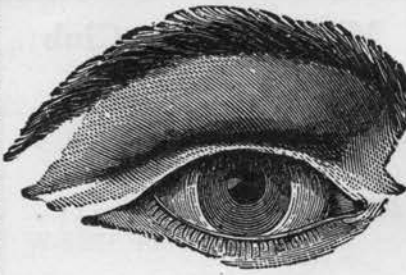
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THE DAY'S BUSINESS AT CLARKE'S

By Etola Stark

AT the time in the morning when a city store is opening its doors for business, the small town merchant has been in his establishment for almost two hours, and feels that his morning's work is well underway. He has fired up his big stove, swept out the debris remaining from the previous day, wiped from counters and show cases the resulting disarray. Meanwhile, he has sold "Old Man" Dobson a "chaw of tobacco," the blacksmith's little girl a loaf of bread, and Mr. Newly-wed some coal oil—(he's probably cooking his own breakfast). He has gone to the village postoffice and brought back his quota of the "eight o'clock mail." Having read everything of interest in the new wholesale catalogs, he is now ready to take care of the day's customers.

The first to enter the store is Mrs. Snook and her ten-year-old son. It will soon be winter, and Darwin MUST have new underwear. So Mr. Clark takes down all the boxes from the underwear shelves, and Mrs. Snook carefully examines each kind, finally holding up a suit of the "woolens" in front of her embarrassed offspring, to be sure of the size. Darwin's little girl friend comes tripping in just at this time for some candy, and it would be impossible to picture the horrified face of the youth without having seen it. Finally, after dividing Helen's penny's worth of candy into a sack each for her and her two sisters, Mr. Clark returns to the drygoods counter, but Mrs. Snook now says, "I guess I won't take 'em. I kin buy 'em a lot cheaper at Montgomery Ward's." And the poor storekeeper's argument for the better quality of his garment avails him nothing.

Likewise, when Mary-Alice Howard comes in, she says, "Oh, Mr. Clark, you have such a small selection of gingham, I guess I'll have to go 18 miles over to Leon to buy me a dress, or else send to 'National' for it." And Mr. Clark rather pitifully replaces his few bolts of goods and says he is sorry not to be able to carry a larger stock.

But now he must hurry to the back door to unload a car that has just driven up there. He cheerfully greets the farmer and his wife, and takes their case of eggs and basket of butter, their coal oil can and vinegar jug, and probably a parcel or two for exchanging. He is sorry, upon opening the egg case, to see that Mrs. Bryant has taken out her fine, large eggs and shipped them directly to a produce company which sorts the eggs and pays her a fancy price for her "firsts," while for the remainder, he must pay her the price of average eggs. Her nice looking yellow butter will not all go into one tray, so he cuts the roll in two pieces, and, to his dismay, finds the beautiful yellow butter only molded over the outside of the roll. The center is a rancid mass of pale yellow fat which he cannot retail out, and so it must be dumped to the butter bucket and shipped at a very low price. There was one time, when he even found the center of the roll to contain a large white rock, to give added weight.

Mrs. Bryant is by now ready to do her "trading," but Mrs. or Miss Clark are down town by this time, and so they follow the huge country lady to the front part of the store, and endeavor to sup-

ply her wants in the dry goods line. She begins by purchasing gingham for an apron for her Mary, and of course picks the largest plaid and the most brilliant color. Poor little Mary's red hair will contrast painfully with the brilliant red of those aprons. Next, this mother of seven must have cloth to make shirts for her boys. She knows no names for materials, but bravely demands "shirtin'." She may even buy a little pique, to make Baby a new coat, she says; however, she calls it "pike," and Miss Clark, knowing that she would be offended, dares not correct her. Hannah, her oldest, is learning to tat, so Mrs. Bryant may buy some "corrugated crochet cotton," meaning variegated, of course.

Having supplied the children's wants, Mrs. Bryant decides to buy herself a corset. She is so large that it takes an over size to fit her, consequently, the price must be a little higher; but when many grades can be handled, there may be cheaper ones bought, so when Mrs. Bryant sends back the corset next week, Mr. Clark knows that she has taken it home merely to make sure of her size before ordering one from Sears' Roebuck. When Mrs. Bryant leaves town the store-keeper and his family breathe sighs of relief and murmur, "Aren't we glad they're not all like that."

Next, a young lady comes breezing in, with the remark, "Oh, Mr. Clark, I ordered this umbrella from Phillipsborn and it just doesn't please me at all. I wonder if I couldn't leave it here with your stock and if you sell it for me, maybe I'll buy one of yours." Yes, maybe she will, but maybe in the meantime she will order another too. But Mr. Clark says, "Yes, Gladys, leave it here, and I'll sell it for you if I get a chance."

Now the town's pride (or disgrace) in the form of a well-dressed young Romeo, comes in in search of a pair of "seven, triple A, oxfords." "Oh, yes, I can wear them that narrow." But Mr. Clark can only show him work shoes, comfort shoes, and a few pairs of medium priced dress shoes. Romeo goes out muttering, "Such a town, can't buy nothin'."

The village dressmaker is the next customer, and she has a sample of lace to be matched. The entire contents of the lace show-case are dragged forth, and the piece is at last located. She probably buys all of a third of a yard. But the store keeper doesn't mind, for she is very cheerful and usually brings in a tit-bit of gossip which he may pass on to eager ears.

But in the afternoon, Mrs. Clark is ill, so Mr. Clark obtains the assistance (?) of the only available young lady in the town. She arrives in her full glory of gaudy dress, gum, and grand make-up. She knows nothing of the stock; is more interested in the young gentlemen customers than in making correct change; can neither add nor multiply, tho she is a graduate of the G. R. H. S. She knows she stands no chance of losing her job, because practically all young people of the town are either married or "gone off to school"—a very unnecessary procedure in the eyes of many of the townspeople.

So the day passes, with the delightful, easily-pleased customers compensating for the crabbed, choicy ones, and all going to make up the day's routine. And several times a day, comes a travelling salesman or two, bringing a contact with the broader world outside the village, and preventing the merchant's complete surrender to the habits and train of thought of the villagers.

ART SCHOLARSHIP WON BY MISS JACOBSON

Irene Shaben

If you had walked across the campus on one of a few days last fall, you would have been curious to know who the woman was, working at her easel. Pretty spots on the campus those days invited Miss Amanda Jacobson out to use her brush. Looking at her easel you might have seen a picture of the trees near Lake La Verne or some attractive spot full of fall colors, for Miss Jacobson, besides being a teacher in the applied arts department, is also a landscape artist.

A little idea of Miss Jacobson's success in painting is gained from the distinction which she won while at the Broadmoor Art Academy last summer. She was awarded first landscape scholarship. While the monetary value of this scholarship is not high, it carries with it a great deal of honor because the exhibition included pictures by many well known American artists who were studying there at the same time. Miss Jacobson studied at this school under Dr. Berger Sandzen from the first of July until her return to Ames for the fall quarter of school, and she plans to return to Boulder to study under Robert Reid also.

Miss Jacobson came to Iowa State last year from Paris where she had been studying interior decoration. She was assistant director of art at the Kent State Normal School of Kent, Ohio, previous to that. She received her bachelor's and master's degrees from Columbia University, and has studied at many schools, among them the Minneapolis Art Institute, the Chicago Art Institute and the Handicraft Guild now of the University of Minnesota.

That Miss Jacobson has been a very busy person is certainly indicated by what she has done with her summers. The past one was spent at Boulder, Colorado, at the Broadmoor Art Academy from which she won the scholarship; five summers at the Art Student's League, Woodstock, New York, studying under John Carlson and Frank Chase, and one summer sketching in Denmark.

American Home Economics Association Program

Summarized Aim of Work for 1924-1925

To increase membership to 10,000 with every member a subscriber to the Journal of Home Economics.

To stimulate the participation of home economists in better health movement, especially the child health program in the public schools.

To enlist the interest of trained home economists in professional homemaking and commercial fields and to encourage the development of student clubs.

To study child care and management as a fundamental part of training for homemaking and parenthood with special emphasis on the contributions of modern physiology, psychology and sociology to child training and family relationships.

To give publicity to the aims and ideals of homemaking education.

To work actively for an enlarged program of home economics research.

To urge the inclusion, in the budget of the United States Department of Agriculture, of an appropriation for the Bureau of Home Economics commensurate with the importance of its work.

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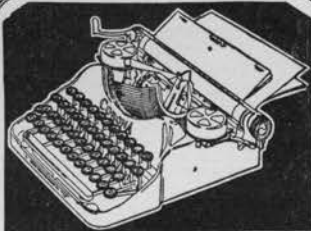
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Iowa Child Welfare Research Station

(Continued from page 6)

Hospital has aided in the nutrition investigations. Superior children have received some extensive research by the department of anthropometry. The rural child is one of the most recent studies.

The station offers exceptional opportunities for those who wish to do research work toward degrees in the study and progress of children. Special courses are given to groups of nurses, teachers and social workers on various phases of child welfare work.

Altho the station was organized for laboratory work, the people in charge feel that others interested should know about their findings, too, so the result of much of their work is published in pamphlet form. The Iowa Child Welfare Research Station, University of Iowa, Extension Division, is the address to which persons wishing to secure these bulletins may write. The charge is very slight for most of these and some of them are furnished free.

In their effort to cooperate with the other child research work which is being carried on thruout the state, the work of State Services has been organized. This affords the following services: free psychological examination to all normal and superior children whose development it is desired to have recorded from year to year; evaluation of special ability; assistance in "problem cases" of behavior; aid in solving cases of promotion; measurement and determination of the physical status of any children who may be brought in; assistance in the feeding of babies all over the state. The station works with the departments of the university and will examine children and recommend them for free clinical work if the parents are unable to pay for such services.

Altho the station is in need of departments of heredity, pre-natal care, preventative medicine, the work of the other departments is getting on a well organized basis and these will come. This will all result, it is hoped, in offering to the normal child a greater opportunity to develop to the most of his ability and thus improve the status of childhood as a whole.

Farm and Home Week Pays

(Continued from page 2)

the equipment in the laboratories, and to attend demonstrations given by students in different courses.

The reactions of women attending the Course were very favorable. Mrs. Baker of Nevada said that she always came, and that the meetings were a great help to her. She has had three children who became Ames students, and she always comes to the campus as often as she can.

Mrs. C. M. Woods, of Ames said, "I think the greatest help of the Short Course is in the light which it is shedding on life. The contacts with other people, and the exchange of experiences is one of the most valuable things we can hope to have."

Miss Elizabeth Wilson, of the research department of Montgomery Ward & company thinks the Course is of great value to the women. "We find that the educational movement is raising the standards

of women's demands and I came here to find just what it is that the women want, so that we can serve them better."

WAYS OF MEAT CANNING

Would you please tell me the different successful ways of meat canning?

Meat may be canned by the cold pack method—first browned or packed into the jars raw. Another successful method is that of oven canning. Place jars in a pan of hot water and cook in the oven at 400 degrees F.-450 degree F. Meat might be canned on top of the stove and in the oven at the same time to hurry the process.

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